

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps.

THE VIGILEER

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Aviano Air Base, Italy

Fly Bys

Change of command

Brig. Gen. Mike Worden relinquishes command of the 31st Fighter Wing to Brig. Gen. Philip M. Breedlove in a ceremony 10 a.m. June 18 in Aviano Hangar One. All Aviano members are invited to attend.

Morning show

Brig. Gen. Mike Worden, retired Chief Master Sgt. Daniel Gill and a variety of group chiefs and commanders host the Dragon Breath Morning Show on AFN 7 to 8 a.m. Monday to Friday. Listeners are invited to call-in to this light-hearted show with anecdotes about the past year, music requests and questions for wing leadership at Ext. 8236.

Vendor day

The 31st Contracting Squadron sponsors a vendor day 10 a.m. to 5 p.m. Wednesday in Area D. Vendors will showcase their goods and services for community members. All are invited to attend.

Driving reminder

Aviano drivers are reminded to use caution when driving past Soldiers or Airmen running in formation. The speed limit for passing formations is 10 miles per hour.

Aviano warriors return home

Families, friends welcome deployed Airmen with open arms

By **Capt. Nicholas J. Sabula**
31st Fighter Wing Public Affairs

Families and friends were on-hand at Hangar One June 3 and Saturday to welcome home warriors returning from deployments.

The 603rd Air Control Squadron Scorpions returned June 3 from a seven-month deployment to Iraq, while the 555th Fighter Squadron returned Saturday from an Aerospace Expeditionary Forces assignment in Southwest Asia.

U.S. Air Forces in Europe Vice Commander Lt. Gen. Arthur J. Lichte made a special trip here to welcome the 603rd Scorpions.

"What you did was important for the country of Iraq and what you did was important for the United States of America," he said in his welcoming speech.

During the deployment, 603rd ACS members supported operations and moved from Baghdad International Airport to Balad Air Base.

"In Baghdad, everything seemed pretty temporary," said Senior Airman Luke Nemuras, a 603rd Air Control Squadron satellite communications Airman. He said it made a difference seeing everything first-hand and it was a good experience for his first deployment.

The 603rd ACS members weren't the only ones who dealt with a long deployment. Their spouses handled family issues, loneliness and added worry after the unit lost an Airman from an attack. Fellow Scorpion Airman 1st Class Antoine Jermaine Holt was killed when his tent was hit by a mortar round April 10.

"The hardest part was what happened to

See HOMECOMING, Page 5



Airman Scherrie Gates

Brig. Gen. Mike Worden, 31st Fighter Wing Commander, left, greets Lt. Col. Kristen Dolan, 603rd Air Control Squadron commander, as she and other 603rd Airmen return here from a deployment June 3. U.S. Air Forces in Europe Vice Commander Lt. Gen. Arthur J. Lichte also greets the Airmen.



Jump masters

Vicenza-based Soldiers depart Aviano to commemorate the 60th anniversary of one of the world's most significant military events - D-Day and the Normandy invasion.

- Page 7



Aviano children

Aviano's focus on children becomes sharper through local programs such as the new Combat Care Co-op, WIC and the units at the Sacile Clinic.

- Pages 11, 14 and 16



Mourning a loss

In honor of former President Ronald W. Reagan's passing, a child of the 80s reflects how this man significantly impacted a decade, the world and, ultimately, her life.

- Page 20

Anniversary: Thursday marked five years since the end of Operation Allied Force missions in Kosovo, most based out of Aviano.



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U.S. Air Forces in Europe

Airman Information File

Risk Management - Integrating a responsible way of thinking



Four of our USAFE team members will never see their loved ones again — their promising lives were cut short in vehicle accidents last year.

One of the hardest things we do as leaders is tell loved ones a team member is injured or killed. It is not something we like to do, but it is even more frustrating if the situation was preventable.

Everything we do involves risk, whether it's traveling to and from work, going through a pre-flight checklist, or having a barbecue with friends.

We need to stop throwing risk management into a box to be pulled out only when we need to consider "critical" tasks in the workplace.

Some tasks are simple, like taking the time to buckle your seatbelt or knowing if you've been drinking, then you need to let somebody else drive.

Others are more

complex and may require a more methodical approach to risk management.

Operational Risk Management (ORM) is a tool to do just that — it merely puts logical steps to common sense.

ACT SMART is a simple framework to help remember the six steps of ORM:

A-Assess environment for risks

C-Consider options to limit risk

T-Take appropriate action

1. Identify the Hazards

2. Assess the Risk

3. Analyze Control

Measures

4. Make Control Decisions

5. Implement Risk Controls

6. Supervise and Review

We developed a strong safety program in USAFE and enjoy a good safety record so far this year.

Through May 2004, we experienced 35 percent fewer mishaps (57 in

number) than during the same period last year. This is encouraging, but best practices and methods mean nothing if not applied at all times.

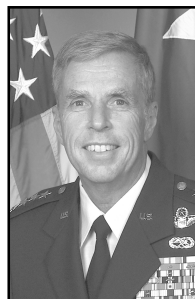
As we enjoy the summer months, we must keep our guard up. Statistically, we are entering one of the most dangerous periods of the year.

Over the last 10 years nearly half of all fatal accidents happened in the summer.

Consequently, it is especially critical during the summer to think for a minute before you execute — have a plan prior to engaging in activities, then stick with the plan.

Bottom line: Risk is everywhere. Develop a plan to manage it. Risk management cannot be compartmentalized to the workplace, nor simply an afterthought.

Take the time to protect our most valuable resource in USAFE — you!



General Doc Foglesong



CMSgt Gary Coleman

"Bring Your Courage"

Americans must adhere to Italian waste laws

Aviano Americans living in local villages must adhere to Italian laws when it comes to waste removal.

Each village has its own collection schedule and procedures and it's important for Americans to find out what their village requires.

"It's actually wing policy for Americans to follow the waste disposal and recycling guidelines established by the community," said Kerry Van Dyke, 31st Civil Engineer Squadron. Americans are seen leaving garbage bags outside collection bins, where cats and rodents create a mess. Not only is that unsanitary, but it gives Americans a bad image.

"We can demonstrate that we respect local laws, traditions and customs by following proper disposal methods," said Mr. Van Dyke. "Not following disposal guidelines increases the costs required to properly recycle and dispose waste. Ultimately, these costs are returned to residents in the form of higher taxes."

The Aviano Housing Office offers pamphlets explaining each community's waste disposal methods. The 31st CES environmental flight also provides information at Ext. 5394. (31st Fighter Wing Public Affairs)

Thrift Savings Plan

Financial plan helps Airmen save money for retirement

By Airman Rebecca Maurer

31st Fighter Wing Public Affairs staffwriter

If an Airman saves \$40 a month for retirement every year for 20 years, he ends up with \$9,600.

However, if the same Airman puts that \$40 a month into the Thrift Savings Plan every year for 20 years, he ends up with \$20,959. That's a big difference.

"The earlier you start in the program, the more your money grows, and the less you have to save later in life to meet your goals," said Master Sgt. David Poulin, the 31st Fighter Wing career assistance advisor.

The purpose of the TSP is to provide retirement income for government employees. It offers the same type of savings and tax benefits as a 401(k) retirement plan.

There are five investment funds to choose from in the TSP: government securities, fixed income index, common stock index, small capitalization stock, and international stock index. TSP money can be put into one or several of these funds.

The TSP is meant to provide military members with a source of income for retirement, so funds cannot be withdrawn at any time like a savings account.

"It's money on the side just waiting for you to [retire]," said Senior Master Sgt. Zeus

Gaytan, who signed up for the program when it first became available to military members. "The TSP is all about planning for the future. When you retire, you'll have all sorts of extra money," he said. "Money isn't everything but life is nicer with a little extra in your pocket. When I'm old and gray, I can use that money to buy a house of my own or an RV to go driving around all over the place."

Participation in the TSP is optional. Service members can contribute as little as one percent of their base pay each pay period. After the age of 59 and one-half, the money can be withdrawn without penalties.

The program doesn't affect the Uniformed Services Retirement System, which is based on years of service and rank held at the time of retirement. Instead, TSP supplements retirement pay.

This open season to sign up for the TSP ends June 30. The next open window is Oct. 15 through Dec. 31. The last briefings for this open season are 11 a.m. and 4 p.m. June 22 at La Bella Vista. The briefings last about an hour. Spouses are also invited to attend. Airmen can sign up for the program during any TSP briefing or online at www.dfas.mil/mypay.

For more information, call Sergeant Poulin at Ext. 4480 or e-mail david.poulin@aviano.af.mil.

Closure: The Aviano Thrift Shop is closed today due to the National Day of Mourning. Business will resume 10 a.m. to 2 p.m. Wednesday.

HOMEcoming, from Page 1

Airman Holt - knowing that could happen every day," said Master Sgt. Mark Heath, 31st Communications Squadron first sergeant, whose spouse Senior Master Sgt. Arlene Heath was among those returning from over half a year in the desert.

"For me, I put myself a lot more into the job - focusing on people needing support. Aviano's support programs were important for those here," he said.

Airmen from the 555th Fighter Squadron returned Saturday night to a hearty reception.

Although the base was having its Spring Awards Banquet when they arrived, commanders, family and friends still showed up in mass numbers to welcome them home.

The squadrons now have some much-earned down time before resuming operations here.

"Every single one of our men and women worked very hard," said Lt. Col.



Airman Scherrie Gates

Tech. Sgt. Roger Thornton, right, reunites with his wife and children in Aviano Hangar One June 3. The 603rd Air Control Squadron Airmen returned from a deployment to Iraq.

Kristen Dolan, 603rd Air Control Squadron commander. "Every Scorpion here should hold their head up high."

Did you know?

Aviano squadrons supported D-Day landings.

Two 31st Fighter Wing squadrons supported the Normandy Invasion 60 years ago.

Pilots from the 510th Fighter Squadron protected the right flank of the Allied crossing. The P-47s patrolled the vicinity of Brest, watching for remnants of the Kriegsmarine (German Navy).

The 555th, at the time a bombardment squadron, flew attack missions in support of the U.S. landings at Utah Beach.

The B-26 crews bombed German positions near St. Martin de Varreville, France. (Information courtesy of Tech. Sgt. Niklaas Waller, 31st Fighter Wing historian)



U.S. Air Force Museum

A B-26B bomber, affectionately called "Sexy Betsy," drops its bombs on target.



Senior Airman Priscilla Robinson

A moment of peace – Master Sgts. Tim Watson, left, and Henry Sanchez, sit and chat before boarding a C-130 Hercules here with fellow 173rd Airborne Brigade Soldiers June 3 for a flight to Normandy, France.

Vicenza paratroopers commemorate D-Day

About 100 Vicenza, Italy-based Army Rangers departed Aviano June 3 for Normandy, France.

The 173rd Airborne Brigade troopers jumped onto landing zones near Sainte Mere Eglise to commemorate the 60th anniversary of the World War II D-Day invasion.

That invasion began America's liberation of Europe and was considered the beginning of the end of the conflict. Between June 6 and August 24, 1944, two million Allied soldiers landed in Normandy to liberate the people of France and Western Europe. (31st Fighter Wing Public Affairs)



Airman 1st Class Steven Czyz

An Army paratrooper prepares to jump from a C-130 Hercules over Normandy, France, June 6. The paratrooper was one of many who, along with the Vicenza-based 173rd Airborne Brigade, took part in the 60th Anniversary of D-Day.

RESCON CORNER

	DUIs	MVAIs*
Week	0	1
28 days	1	5
Year	9	18

56 : Number of Airman Against Drunk Driving saves May 14 and 15

17, 419 : People killed by drunk drivers in 2002

RESCON Bravo

During the past 28 days, from May 12 to June 9, Aviano drivers were responsible for one DUI and five MVA/I.

The wing has made it 26 days without a DUI, and haven't had an MVA/I in more than a week.

Airmen, and their families, should be aware of their surroundings while driving and apply Operational Risk Management to their activities at home and at work.

Drinking responsibly and slowing down on the roads can help people arrive alive.

Those Airmen who find themselves without a plan can call AADD as a backup.

*MVAI: Major Vehicle Accidents with Injuries

Attention scrappers: Aviano scrapbookers are invited to a scrapping party 3 to 9:30 p.m. Saturday at the Aviano Baptist Church.

Sortie Board

Hours Sorties

31st FW

Goal **320.9 214**

Ahead or Behind **222.8 -29**

510th FS

Goal **207.6 144**

Ahead or Behind **10.7 -17**

555th FS

Goal **113.3 148**

Ahead or Behind **212.1 -12**

Shared networks pose risk of hacker attack

Operational security steps help keep information safe

Aviano members using a computer network system to share information must keep operational security a priority, according to 31st Fighter Wing policy.

"Sharing resources on a network, like the system used here, makes it a beneficial and effective tool," said 1st Lt. Kali Pinckney, 31st FW Plans and Programs. "Not only can an individual work with information built and saved on a computer, he can also have access to the work and resources of other computers on the network."

However, there are OPSEC issues related to such a large system as well. All users must remember that sharing via a network allows others access to everything within that network, including possibly personal and Privacy Act information on a computer.

Whether it's a folder or an entire hard drive, the users must protect information stored on a

system. No doubt, a tour around the network will leave a person bombarded by information about official business, unit deployment and other duty tasks.

More surprisingly, however, one can find personal documents with credit card numbers, social security numbers, as well as illegally stored and downloaded images and other media.

Though no harm is rarely intended, users should think about what is stored on "our" network.

If an Airman must share information on the network, he should specify a folder for shared access. An entire hard drive rarely needs to be shared.

Despite the fact that Aviano has firewalls on its network, users should not assume people won't compromise the network's defenses. There has never been a network that can't be hacked. (31st FW Public Affairs and 31st FW Plans and Programs)

Shoppette giveaway

There is a shelving and office furniture giveaway at the now closed Shoppette in Area One 8 a.m. to 4 p.m. today and Saturday. All Aviano government offices are invited to take whatever items they need. Contact Mini Mall Manager Margie Reynolds at Ext. 5876 for more information.

Palace Chase

The next Palace Chase briefing is 2 p.m. Monday in the 31st Mission Support Group conference room, Bldg. 1403 in the Flightline Area. Find out more about the early separation option at this briefing. For more information, call Master Sgt. Janet Boyles at Ext. 4919.

La Leche League

The La Leche League of Aviano helps breastfeeding mothers with education and support through meetings and phone consultations. Mother-to-mother support is the heart of the league. The next meeting is 10 a.m. Monday. Call 0434-755-606 for more information, or write to

LLAviano@yahoo.com.

College math class

Embry-Riddle offers a Basic Algebra class that meets the Community College of the Air Force math requirement. Class starts Monday. Stop by the Education Center in Area One to register.

Girl Scouts

Aviano Girl Scouts host summer Brownie Try-it sessions 10 a.m. to 12:30 p.m. every Thursday in July. The cost is \$5 a session. Registration is noon to 2 p.m. Saturday in the Education Center's Girl Scout room. For more information, call Michelle Jones at 0434-91-7102.

Overseas tax deadline

The IRS deadline to file taxes from overseas is Tuesday. Deployed personnel, however, have a minimum of 180 days from the date they return. Contact unit tax advisors or the Aviano Legal Office for assistance.

Father's Day brunch

La Bella Vista hosts a Father's Day brunch



Senior Airman Priscilla Robinson

Chief to chief

Chief Master Sgt. Perry Pias, 31st Mission Support Group, inducts Aviano Air Base's newest chief master sergeant (Brig. Gen.) Mike Worden Saturday here. The 31st Fighter Wing Commander was inducted as an honorary chief by the Aviano Chiefs Group at the 2004 Spring Awards Banquet at the La Bella Vista Club. The banquet honored Aviano people who won command-level and above awards during the last year.

celebration 10:30 a.m. to 12:30 p.m. June 20. Seating is limited. Call the club for reservations or prepay by stopping in. Tickets are \$13.95 for adults and \$8.50 for children ages 6-12. Age 5 and under eat free. Member's First discount is \$3.

Friday. For more information, call Ext. 5930.

Arts and Crafts sale

The Arts and Crafts Center offers 20 percent off Maniago pocket knives Saturday. For more information, call Ext. 5022.

Finance closure

The finance office closes June 25 for an official function. For emergencies, contact Master Sgt. Alspaugh at 335-560-1241.

Italian class

The Aviano Community Center offers Conversational Italian I classes 7:30 to 8:30 p.m. every day through July 29. The cost is \$55. Call Ext. 5479 to learn more.

Musical performance

The Aviano Community Theater presents a revue of "Chicago." 7 p.m. June 25 to 27 in the Aviano Community Center ballroom. The cost is \$5.

New office hours

The Traffic Management Office has new hours of operation: 8 a.m. to 3 p.m. Monday, 9 a.m. to 3 p.m. Tuesday and 8 a.m. to 3 p.m. Wednesday, Thursday and

Mosaic class for kids

The Arts and Crafts Center offers a Mosaic Workshop for kids ages 6 through 13 from 9 a.m. to 1 p.m. Saturday through July 29. The cost is \$50. Call Ext. 5022 to sign up.

TRICARE Europe

The spring and summer edition of the TRICARE Europe fact sheet is now available. Call Ext. 6315 or visit www.europe.tricare.osd.mil for more information.

Financial counseling

The Aviano Family Support Center provides one-on-one financial counseling. For more information, call Ext. 5407.

Male actors wanted

Aviano Community Theatre needs men to help with stunts for the musical "Chicago." For more information, e-mail rebecca.maurer@aviano.af.mil.

Reel Times

Today - 2 p.m. "Scooby Doo 2: Monsters Unleashed" Rated PG - The gang investigates a monster outbreak. Starring: Sarah Michelle Gellar, Freddie Prinze Jr.

7 p.m. - "Man on Fire" Rated R - Creasy takes a job in Mexico City as the bodyguard of a 10-year-old who's kidnapped. Starring: Denzel Washington

Saturday - 2 p.m. - "Scooby Doo 2: Monsters Unleashed" Rated PG - 13

7 p.m. - "Eternal Sunshine of the Spotless Mind" Rated R - Joel's girlfriend can't remember their relationship. Starring: Jim Carrey

Sunday - 2 p.m. and 7 p.m. "The Passion of the Christ" Rated R - This movie follows the last 12 hours of Christ's life. Starring: Jim Caviezel

Wednesday - 7 p.m. "Man on Fire"

Thursday - 7 p.m. "Eternal Sunshine of the Spotless Mind"

June 19 - 5 p.m. "The Prince and Me" Rated PG - Paige has to choose between becoming a princess or a doctor. Starring: Julia Stiles, Luke Mably

8 p.m. - "Laws of Attraction" Rated PG - 13 - Two New York divorce attorneys, Audrey and Daniel, often oppose each other in court, but end up irresistibly drawn to each other. Starring: Pierce Brosnan, Julianne Moore



Staff Sgt. Jerome Baysmore

Take a look at a book ...Stacy Bloyd, left, reads a story with her 3-year-old daughter, Lexie, at the Aviano Combat Care Co-Op recently. The Co-op is a new program available for community families. Based upon a point system, parents can leave their children in a supervised environment when childcare is needed.

Combat Care Co-op

A lack of childcare opportunities and a need for a play area brings children and parents together to create a new quality-of-life program for Aviano.

By Laci Cook
Vigileer student staffwriter

With the array of brightly-colored toys and books, children are bound to be excited by the new Aviano Combat Care Co-op. The many smiling faces that greet them there can't hurt either.

It's that type of environment for which Combat Care Co-op director Stacy Bloyd and countless volunteers strive.

Having worked at another co-op in the United States, Mrs. Bloyd was aware of the benefits one would bring to the base when she arrived here.

"Aviano is unique, and it has unique needs. Having a Combat Care Co-op meets those needs," said Mrs. Bloyd.

Creating the center wasn't easy. Families had to prove a need for a co-op. After three years, and much help from the 31st Mission Support Group, Aviano Chapel and spouses groups, it was finally established.

The co-op officially opened Wednesday with a ribbon-cutting ceremony. Located in Area One Bldg. 174, the program is strictly voluntary. Parents volunteer time the same week their kids are watched. They must be CPR-certified and consent to having a background check.

"The mandatory training enriches the

parents' lives not just in connection with the Co-op. The program also helps spouses get out of the house and not feel stuck there," said Mrs. Bloyd.

Aviano mother Nicoletta Meissen said the program gives her free time to go to the gym and get groceries.

"I have no problems leaving my child there. Everyone is a parent, and they have experience with children," she said.

The program also benefits the children. Activities and play corners are focused on entertainment and education, said Mrs. Bloyd. From the painting corner to the book area, the children can have fun and learn something at the same time. Interaction with other children also helps develop social skills.

"It's a big help for children at this age to get

social interaction with others of different ages," said Mrs. Meissen.

The Co-op works on a point system - parents acquire points by donating toys, supplies, and other items to the program. For a three-hour session, they are deducted three points per child.

For more information, call Mrs. Bloyd at Ext. 5630.



Senior Airman Priscilla Robinson

Stacy Bloyd and Col. Scott Chambers, the 31st Mission Support Group commander, get a hand cutting the ribbon for the new co-op here Wednesday.

Noah and Logan Crawford play in the children's area at Aviano Women, Infants, and Children Overseas Wellness Center while waiting for their mother, Sonia, to sign in.



WIC

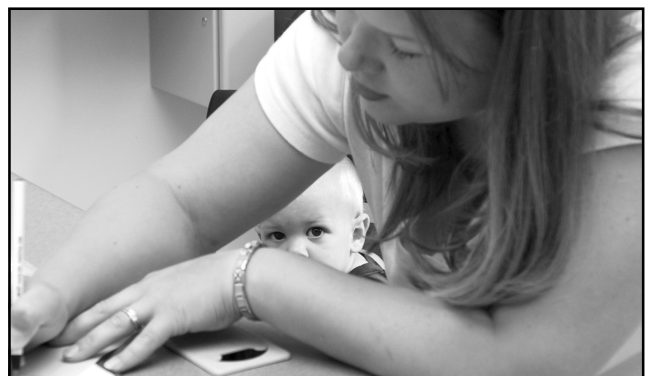
Top right: Jennifer Cooper, standing, charts Noah's weight as his mom, Sonia, looks on. As the WIC counselor, Ms. Cooper documents her clients' growth and provides information on nutrition and health.

Right: Suppressing his eagerness to return to the play area, Logan waits for his height to be measured for Jennifer Cooper, WIC counselor. WIC clients are measured every time they visit the office.



The Aviano Women, Infants and Children program offers substance for groceries and nutritional advice to military families within certain incomes stationed here. The Crawford family visited the office June 4 to take advantage of this helpful program.

Photos by Senior Airman Priscilla Robinson



Noah Crawford curiously eyes the camera as his mom, Sonia, fills out a voucher for the WIC program. Food vouchers are issued to WIC clients, and are good for products such as milk, juice, eggs and beans.



Jessica Valentin-Khan and Angelique Difuntorum fill out paperwork during an orientation class Monday for mothers-to-be to ease the process of having a baby overseas.



Big girls don't cry, but little ones can! Sophia Nicole Rodriguez shows her spirit as Maj. Peter Kim conducts a two-week checkup on the infant in the pediatric unit at the Sacile Clinic Monday. Sophia came in for her checkup with her parents, Joanne and Tech. Sgt. Victor Rodriguez, and grandmother, Christina Meyer.

Bambino Business

Airmen at the Sacile Clinic don't deal with bombs and weapons, but just the same, their mission changes the world every day as they welcome and care for Aviano's smallest residents and their families.



Maj. Linda Stanley reads expectant mother Senior Airman Monica Uruchurtu's blood pressure during a routine pregnancy check at the Sacile Clinic Monday. The OB-GYN unit of the clinic provides services to Aviano families.



Volunteer Cheryl Rohde files records and assists customers at the clinic June 7. Volunteers assist customers and clinic staff in a variety of ways.

New to the Blue

Payton Michelle George was born April 20 to Tiffany and Tech. Sgt. Michael George, 31st Communications Squadron, and brother, Ethan, 3.

Paul Logan Kelly was born May 11 to Staff Sgts. Michelle and John Kelly, both of 31st Maintenance Squadron, and brother Derrick, 5.

Alistair Michael Mulvihill was born April 19 to Chasity and Senior Airman Michael Mullvihill, 31st Comptroller Squadron.

Quinn Marina Reaves was born May 16 to Rachelle and Master Sgt. Paul Reaves, 31st Communications Squadron, and sister MaKenna, 3.

Konsuela Elena-Nica Semchuk was born April 2 to Staff Sgts. Michelle and Gerald Semchuk, 31st Aircraft Maintenance Squadron and 31st Maintenance Squadron, and sister Esperanza Maria-Alicia, 4.

**Photos by
Senior
Airman
Priscilla
Robinson**

Briefs

Open-air markets

Local Italian villages hold open-air markets one day each week. The following schedule identifies the market day for area villages:

Monday - Maniago, Azzano Decimo, Vittorio Veneto, Lignano

Tuesday - Aviano, Casarsa, Codroipo, San Quirino

Wednesday - Pordenone, Budoia, San Daniele, Cordignano, Oderzo, Latisana

Thursday - Roverdo, Fontanafredda, Fiume Veneto, Sacile, Montebelluna, Portogruaro

Friday - Cordenons, Porcia, San Vito al Tagliamento, Conegliano

Saturday - Pordenone, Spilimbergo, Caorle, Treviso

Sunday - Udine; Every day - Trieste

For a complete listing of other open-air markets around Italy, as well as flea and antique markets, visit the 31st Services Squadron Web site on the Aviano Intranet.

Outdoor recreation

Aviano members can stop by Outdoor Recreation to check out the selection of equipment for rent there, or visit www.31svs-aviano.com for a complete list. Call Ext. 8623 for more information.

Hometown hero

Where do you come from? Tell us about your hometown, and what's unique about it, and we'll feature it in the Vigileer. Send an e-mail to vigileer@aviano.af.mil, naming your hometown and state.

Antique markets

Many area villages hold regularly-scheduled monthly antique markets. The schedule below identifies the day on which antique markets are held: **first Saturday and Sunday** - Arezzo and Genova; **first Sunday only** - Casarsa, Codroipo, San Quirino; **second Saturday and Sunday** - Vittorio Veneto, Ferrara, Gorizia, Marostica, Pissignano di Campello (Perugia), Udine; **second Sunday** - Asolo, Montebelluna (Siena), Portobuffole, Florence, Montegrotto (Padova), Sacile, Noale (Venezia), VillaFranca (Verona), Venzone (Udine); **third Saturday** - Verona; **third Saturday and Sunday** - Lucca, Ravenna; **third Sunday** - Este (Padova), Godega Sant'Urbana, Montebelluna, Fontanellato (Parma) Padova, Badoere (past Treviso), Sienna, Soave (Verona), Trieste; **fourth Sunday** - Imola (Bologna), Conegliano, Cividale del Friuli, Treviso; **final Sunday** - Florence, Milan, Padova-Piazzola Sul Brenta, Pordenone, San Daniele



Courtesy photo

Become a Zorbonaut

High-adrenaline "sport" promises a rolling good time in Slovenia

By Senior Airman Julie Weckerlein
31st Fighter Wing Public Affairs editor

Staff Sgt. Chris Vadnais, AFN-Aviano broadcaster, and his son, Zade, can claim something few other Aviano members are able to; they are Zorbonauts. They clinched this title on a trip to Slovenia last year.

Sergeant Vadnais first learned about the Slovenian sport when he saw a brochure on vacations. The brochure advertised a "new adrenaline sport" called zorbing. It showed the "zorb," a big clear plastic inflatable ball. Participants - called zorbonauts - are strapped inside the ball and rolled down a steep hill.

Months later, Vadnais and his wife, Amy, began to plan another weekend in Slovenia. "I visited the advertised Web site. I e-mailed Andraz, the owner of Zorb Slovenia, and asked him to

pencil me in," said Sergeant Vadnais.

To get there, the Vadnais family used a car-train from Mostna Soci to Bohinj.

The train cuts through the mountains and made a "would be" hours-long drive into a 45 minute train ride. Once at Bohinj it was only a few minutes drive to Zorb Slovenia in the small village of Kupljenik.

Vadnais said the zorb setup was very simple. "Basically, it's just a field with a steep hill, a big plastic ball, and a gazebo used for the cashier and snack bar," he said.

The price is 25 Euro for a solo zorbonaut, 44 Euro for a pair. This is for one ride. Aviano members can find out more about zorbing in Slovenia, e-mail Andraz, and schedule a zorb at the Zorb Slovenia Web site: www.zorb-slovenija.com. (Note the native spelling of Slovenia in that address.)

Tell us about it: Send us your vacation stories in an e-mail to vigileer@aviano.af.mil.



Courtesy photo

The Neuschwanstein Castle in Bavaria, Germany was the inspiration for the castle in Disneyland. The castle was built in the late 1800s by King Ludwig II during his years of madness.

ITT: Information, Tickets and Travel

Upcoming tours from the Information, Tickets and Travel office include:

- Guided Florence - Saturday
- Guided Trieste - Saturday
- Schloss am Bayern

(Neuschwanstein and Hohenschangaw) - Saturday

- Wine tasting in Alto Adige - June 19
- Verona Medieval Dinner - June 19
- Castle Brando Spa - June 22

For more information about ITT tours, call Ext. 5072 or 5026.



Master Sgt. Scott Wagers

Finding the right bike means determining your needs and budget and doing your research.

Cycling and bikes

Get ready with the right set of wheels

By Tech. Sgt. Orville F. Desjarlais Jr.
Air Force News Service

Many people may find falling off a bike easier than buying one.

But picking the right bicycle will help keep it on the road and out of the garage. More than 90 million Americans, a little less than one out of every three, use a bicycle at least once a month, according to 2002 Bureau of Transportation statistics.

"Decide where most of your riding is going to be done," said Maj. Matthew Belmonte, an enthusiast of the sport who bikes 30 miles a day to work in Naples, Italy. "Hybrids are a good option, but some people feel like the bikes don't do either job very well — they're not great road bikes, and they're not great mountain bikes. Mountain bikes are good off-road, but are tough to ride on the road. Road bikes are fast on the road, but not sturdy enough for off-road riding. Buy what you like and what makes you comfortable," said the operations officer at Allied Forces Southern Europe.

Once you decide on a hybrid, mountain or road bike, saddle up and check the distance between the seat and handlebars. Are the handlebars too far away? Can you dismount without hurting yourself? When you take it for a test ride, can you adjust the seat so your knees are slightly bent? There are benefits and characteristics unique to each of the three major kinds of bicycles.

Mountain bike

By far, mountain bikes are the most popular. They were the rave in the 1970s when first introduced and remain popular today, accounting for 70 percent of the national market.

Mountain bikes have matured into three main styles: Full suspension bikes that have some form

of shock absorbing equipment attached to the front and rear wheels, hard-tail bikes that only have a shock absorber on the front wheel, and rigid bikes that have no shock absorbers. So, if you're riding to work every day on rough roads and want the extra exercise, a mountain bike might be what you're looking for.

Road bike

These are the cheetahs of the bike kingdom. They're built for speed and racing. With their light frames and skinny tires, these bikes are for serious riders who don't mind spending money fulfilling their passion for speed. Because they're built for speed, road bikes don't have lower, hill-climbing gears popular with mountain bikes. Because the tires are narrow and inflated to between 80 and 140 pounds per square inch, which makes them hard and unforgiving, they're more vulnerable to flats. The payoff is speed and a heck of a workout.

Hybrid

This type of bike is adapted to most peoples' needs. It's a cross between a mountain bike and road bike. Bike makers have stolen ideas from both bikes and combined them to make an affordable solution for the average biker. Hybrid riders like to use their bikes for recreation and fitness. They don't want to get to where they're going quickly. They just want to get there in one piece.

Hybrids are not as heavy as mountain bikes, but still retain the durability of their rugged cousin. Hybrid tires are smoother and narrower than a mountain bike's, and don't produce road hum. Unlike road and mountain bikes, hybrids allow for a more upright and comfortable riding posture. Aerodynamics is traded for comfort. Also, because hybrids are built for streets and hard-packed trails, they usually come with gearing better suited for road bikes than the lower, cliff-climbing gears of mountain bikes.

Sports Briefs

Pool tournament

There is a 9-Ball Pool Tournament 7 p.m. today. The entry fee is \$10, winner takes all. Visit the Aviano Community Center or call them at Ext. 5479 to learn more.

Teen beach trip

There is a beach trip for Aviano teens 11 a.m. to 5 p.m. June 16. Those interested must register by June 14 and the cost is \$10. For more information call the Aviano Teen Center at Ext. 5479.

Stars and Strikes

The Aviano Bowling Center offers the "Bowl for the Stars and Strikes" bowling promotion through August 31. Visit the Aviano Bowling Center or call them at Ext. 7487, for more information.

Swim passes

Outdoor Recreation offers swim passes. For prices call Ext. 8623 or visit www.31svs-aviano.com, click on Base Pool.

Swim lessons

The Base Pool offers swimming lessons Tuesday through Friday, June 15 through 25. The cost is \$35. Check out the services Web site; www.31svs-aviano.com, click on Base Pool for more details. Call Ext. 8623 for more information.

Learn-To-Swim:

Level 1 - Introduction to Water Skills

Level 2 - Fundamental Aquatic Skills

Level 3 & 4 - Stroke Development

Parent and Child Aquatics

Rugby

Anyone interested in playing rugby can call Kenny Go at Ext. 4041 or via e-mail at kenneth.go@aviano.af.mil.

Extreme summer

Extreme summer is available to everyone. People can enroll in the 2004 Extreme Summer program at www.extremesummer.com. For more information call the Aviano Community Center at Ext. 5479 for more information



Forget Rubik's cubes and neon fashion. You know you're a child of the '80s when

Reagan's death hits close to heart

By Senior Airman

Jessica Switzer

31st Fighter Wing

Public Affairs staffwriter

I danced to Michael Jackson's "Thriller" when he was still cool, I remember when 'cool' came into popular usage and I remember when Vanilla Ice was bigger than Eminem is today.

I remember a lot of things about the 1980s: nuclear attack drills, "just say no," Chernobyl and the fall of the Berlin Wall.

Many of these things are the result of the hard work of America's leader for the greater part of that time.

Former President Ronald Reagan was a man whose smile I noticed every time I saw him on television. I always thought he had a great smile; it was warm and real in a world where so much had grown cold, even war.

He seemed, even to my young mind, a person who understood the trials and tribulations of the average American.

I certainly wasn't very politically aware during the Reagan Administration. I was too busy watching He-Man and Voltron on television to notice that the country was

going through some rough times, scandals and the worst recession since the Great Depression.

Yet, the cold war was a big part of my early life.

I can remember bomb drills during my first few years in school at Hahn Air Base, Germany. While the schools in the U.S. may not have been practicing anymore, we were a lot closer to the former Soviet Union than they were, and it was only a short time after the explosion of the Chernobyl nuclear power station in Kiev, Ukraine.

President Reagan made missteps during his time in office, but he had the courage to admit to them.

During the Iran-Contra scandal in 1986, he admitted that there was wrong-doing and made no excuses for what happened.

He also put a spotlight on many issues during his time on earth. His family's openness with their cancer battles raised awareness of the disease.

His open letter to America in 1994 about his battle with Alzheimer's disease expressed his hope to encourage a clear understanding of those also affected by the disease.

He was behind America's

fighting men and women, prepared to back them with as much money as Congress would allow.

He never let his age stop him. When Reagan was inaugurated for his second term in office at age 73, he became the oldest person ever to be sworn in as America's leader.

I didn't go a single year in school without getting a day off on Martin Luther King Jr.'s birthday. That was Reagan's doing. I didn't appreciate the significance of that move until I was older. At the time, it was just another day I got to play instead of go to school. Now I know he was honoring a true patriot.

Though he wasn't in office when the Berlin Wall fell and the Iron Curtain was torn away, it was his first steps toward restoring peace with the Soviets that led to the final outcome.

Today we honor another true patriot, a man who believed in America and its people.

We will forever mourn the "Great Communicator." Yes, I am a child of the '80s. Yes, I wore a ponytail on the side of my head.

And yes, I am mourning America's loss too.

"In closing, let me thank you, the American people, for giving me the great honor of allowing me to serve as your president. When the Lord calls me home, whenever that day may be, I will leave with the greatest love for this country of ours and eternal optimism for its future."

- Former President Ronald Reagan in a Nov. 5, 1994 letter to the public, announcing his battle with Alzheimer's Disease.



Cornerstone

An indispensable and fundamental basis

The **Cornerstone Page** is devoted to those who support: junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The **Cornerstone Page** will also offer Air Force trivia and facts.

Submission info

We want to hear from you. Flex your writing talents and share your thoughts with us and the community. To submit:

Commentaries:

Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send kudos to Vigileer @aviano.af.mil with the subject line "Kudos." Kudos can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.